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THE EXPERIENCE OF BURNOUT
AMONG NURSE EDUCATORS
OF COLLEGES OF NURSING
IN CEBU CITY

A Thesis
Presented to the
Faculty of the Department of Psychology
College of Arts and Sciences
University of San Carlos
Cebu City, Philippines

In Partial Fulfillment
of the Requirements for the Degree
MASTER OF ARTS IN INDUSTRIAL PSYCHOLOGY

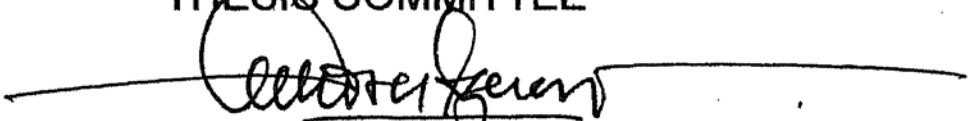
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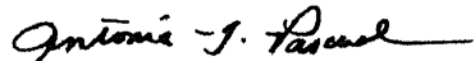
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Adviser

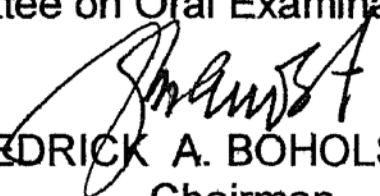

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Member



MONTANA C. SANIEL, Ph. D.
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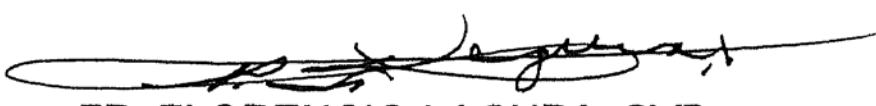

FREDRICK A. BOHOLST, M. A.
Chairman


MONTANA C. SANIEL, Ph. D.
Member


ANTONIA F. PASCUAL, M. S. Nursing
Member

Accepted and approved in partial fulfillment of the requirements for the degree of MASTER OF ARTS IN INDUSTRIAL PSYCHOLOGY.

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FR. FLORENCIO LAGURA, SVD
Dean

March 7, 2002
Date of Oral Examination

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Mildred G. Morelos

ABSTRACT

By

Mildred G. Morelos

Burnout experience is something very distant to the researcher because of its limited occurrences. The reality of its effect and devastation was felt when a dear friend and a colleague experienced the burnout phenomenon.

For the past years, the nursing literature has described "job burnout" as a syndrome characterized by physical, emotional and psychological feeling of depletion. This is brought about by the different stresses one encounters both at home and at the workplace. Other recent studies have identified the sources of stress among nurse-educators to be associated with their multi-dimensional roles.

This study aimed to investigate the burnout experience among the nurse-educators and to answer the following: what is the socio-demographic profile of the nurse educators in Cebu City; what are the stresses associated with burnout as experienced by these nurse educators; how do they cope with these stresses; what is the prevalence of burnout phenomenon; what are the degrees of burnout that they

exhibited; and what prevention package maybe initiated for the nurse educators.

The sample was (N=52) was comprised of nurse faculty employed in the eight College of Nursing in Cebu City. The investigator utilized the cross-sectional survey design on the nurse educators' socio-demographic data, the prevalence of burnout, the stressors that brought about the burnout phenomenon and the coping strategies they employed.

The majority of the nurse faculty were doing a good job both in the workplace and at home. The most common stressors experienced by the nurse educators were an interplay of work pressures, work changes and personal pressures. They utilized varied coping strategies and the most commonly unutilized strategy was self-management. Severe burnout was not prevalent among the nurse educators under study.

A burnout prevention package was designed for the nurse educators as a suggested programs on self-management and stress reduction.

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